

Resilience Spotlight

NGB Ready & Resilient Schoolhouse



MRT Skill: Hunt the Good Stuff

What is the Skill?

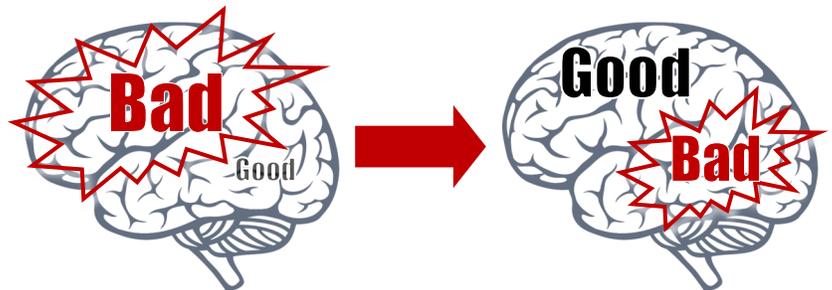
The skill of Hunt the Good Stuff is a tool to help us identify and reflect on the good things in our life in order to build positive emotions, like gratitude.

What competency does the skill help us build?

Hunt the Good Stuff builds the competency of **Optimism** by helping us fight our natural Negativity Bias through deliberately focusing on what's good in our lives and what we can control in order to maintain hope.

The Negativity in our Nature

Our brains are hardwired with the Negativity Bias, which leads us to pay more attention to the bad things that happen in our lives. This bias helps us process the negative and helps us avoid the bad stuff in the future, but also makes us miss the good things in our lives.



Hunting the Good Stuff evens the score

When we deliberately look for the good things in our lives, we can help shift our focus. Our brain will still see all the bad things in our life, but now we will also notice the good stuff as well. Fighting back against the Negativity Bias helps us see a more realistic view of our lives.

What the Experts Say

Hunting the Good Stuff leads to the following:

- Better health, better sleep, feeling calm
- Lower depression and greater life satisfaction
- More optimal performance
- Better relationships
- Increase in positive emotions, like gratitude

Based on research from Martin Seligman, Robert Emmons, and more

Experiencing Positive Emotion helps us:

- Broaden our minds and improve critical thinking
- Undo the damaging physiological effects of negative emotions
- Build social, mental, and physical resources that we can rely on during adversity to be resilient

Based on research from Barb Fredrickson

Apply it

Spend time each day Hunting for what is Good

Find the good in every day and reflect on it

Spend some time reflecting on each good thing you find by asking yourself some of the following questions:

- *What does this good thing mean to me?*
- *Why did this good thing happen?*
- *What I can do tomorrow to enable more of this good thing?*
- *How did others contribute to this good thing?*

Keep a Gratitude Journal

Write your good stuff down every day to keep a record. Making it a routine helps you be more consistent.

Get others involved

Hunt the Good Stuff with your loved ones. Change your normal "How was your day?" conversation starter to "What was something good about today?" to shift the focus of the conversation and build some positive emotion.